



UNIVERSIDAD DEL SURESTE

SYNOPTIC TABLE

“DESCRIBE HOSPITAL FOOD AND BEVERAGE”

DE LOS SANTOS SOLORIO HANNA MICHELL

ARREOLA JIMENEZ EDUARDO ENRIQUE

ENGLISH II

UNIT II

DEGREE IN NURSING

TAPACHULA, CHIAPAS

FEBRUARY 10, 2024

DESCRIBE HOSPITAL FOOD AND BEVERAGE

DIABETES

Definition

Chronic metabolic disease characterized by high blood glucose levels.

Food

- Salad, green beans, broccoli and carrots.
- Chicken, turkey, beans, tofu or eggs.
- Grains, rice, pasta, beans, peas, fruits and yogurt.

Beverage

- Water or a low-calorie drink, such as unsweetened iced tea.

OBESITY

Definition

Increase in body weight associated with an imbalance in the proportions of the different components of the body.

Food

- Fruits, vegetables and whole grains, brown rice, oats
- Fish, chicken, legumes, nuts, seeds and soy products.
- Olive oil
- White cheeses

Beverage

- Water.

HYPERTENSION

Definition

Blood pressure in the blood vessels that is too high.

Food

- Vegetables and fruits
- Low-fat dairy products: milk or yogurt
- Whole grains
- Fish, lean meats and poultry
- Legumes, seeds and nuts

Beverage

- Tea, juices and skim milk.

BIBLIOGRAPHY

- Definition of diabetes. <https://www.paho.org/es/temas/diabetes>.
- Foods and drinks for people with diabetes. <https://www.cdc.gov/diabetes/spanish/living/eat-well/diabetes-meal-planning.html#:~:text=Llene%20un%20cuarto%20del%20plato,las%20frutas%20y%20el%20yogur>.
- Definition of obesity. <https://www.gob.mx/cms/uploads/attachment/file/13056/sem43.pdf>
- Foods and drinks for people with obesity. <https://www.gob.mx/issste/articulos/que-debo-comer-si-padezco-obesidad#:~:text=%2DPreferir%20agua%20simple%20en%20lugar,consumo%20de%20sal%20de%20mesa>.
<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/control-de-peso/informacion-sobre-sobrepeso-obesidad-adultos/alimentacion-actividad#:~:text=una%20variedad%20de%20verduras%2C%20frutas,como%20las%20bebidas%20de%20soya>
- Definition of hipertension. <https://www.who.int/es/news-room/fact-sheets/detail/hypertension>
- Foods for people with hypertension.
<https://medlineplus.gov/spanish/ency/patientinstructions/000770.htm#:~:text=Pescados%2C%20carnes%20magras%20y%20aves,5%20porciones%20a%20la%20semana>)
- Drinks for a person with hypertension. <https://www.healthline.com/health/es/bebidas-para-bajar-la-presion-arterial#jugo-de-bayas>
- Traductor. https://www.google.com/search?q=traductor&rlz=1C1CHBF_esMX918MX919&oq=&gs_lcrp=EgZjaHJvbWUqBggAEEUYOzIGCAAQRRg7Mg4IARBFGCCYOxiABBiKBTIGCAIQRrg7Mg0IAxAAGIMBGLEDGIAEMgoIBBAAGLEDGIAEMg0IBRAAGIMBGLEDGIAEMgYIBhBFGD0yBggHEEUYQdIBCDEyNjBqMGo3qAIAAsAIA&sourceid=chrome&ie=UTF-8